

## Getting Angry

Sometimes I get angry.

If I start to feel angry I need to try to stay calm and think about what I should do.

The things that I can do if I start to feel angry are:

STOP

TAKE SOME DEEP BREATHS

THINK "What do I need to do?"

If I need some help to calm down I can...

- Give my teacher one of my tokens and she will know that I am angry and I might need some help to calm down.
- Go to my quiet place in the classroom and take some deep breaths. I can choose one of my activities to do quietly until I feel calm again.

I can stay in my quiet place until I am feeling calm.

When I am feeling calm, I can join my class again.